

## THE ESKIMO BATH.

So strenuous Ordinary Persons Would Die From Its Effects.

Boys who make a fuss because their parents oblige them to take frequent baths should be glad that they are not Eskimo children living on the shores of Norton Sound. In that cold region of Alaska all the boys are obliged to take a sweat bath every week, and this bath is no joke, you will find.

A fire of driftwood is built in the centre of the floor of the kashim—the one-roomed house where the men and boys of a village pass most of their time—and when the smoke has passed off and the wood is reduced to red, glowing coals, a cover is put over the smoke-hole in the roof, and the place becomes intensely hot.

The boys then must take off their clothes and sit about the furnace like apartment until their skin becomes as red as the shell of a boiled lobster and seems on the point of blistering.

Owing to the intense heat, the bathers are obliged to wear respirators to protect their lungs. These respirators are pads of shavings bound together, concave on the inside and convex on the outside, and large enough to cover the mouth, nose and part of the cheeks of the wearer.

The boys sit there until they are dripping with perspiration. Then they rush outside into the intense cold and roll in the snow.

A gentleman who spent between four and five years in the neighborhood of Behring Strait says that on several occasions he saw them go from the sweet bath to holes in the ice on a neighboring stream, and squatting there, pour ice water over their backs and shoulders with a wooden dipper, apparently experiencing the greatest pleasure from the operation.

Although the Eskimo boys seem to withstand such a bath as this all right and even to enjoy it, it would, in all probability, kill any boy who tried it.

## NOT IN TRAINING.

Jones—That's my boy, Tom. Best football player in the high school—makes forty-yard runs every game he plays.

Smith—What's he looking so "grouchy" about?

Jones—Oh, his mother wants him to run an errand probably.—Judge.

## HER DECOLLETE GOWN.

"It took her a long time to dress for the ball."

"After seeing her, I should have judged that most of her time was occupied in undressing for it."—Chicago Post.

## A BROOKLYN GIRL.

"I told him I would never give my consent till he had proved his ability to support a wife."

"Oh! father! Do you want to break my heart?"—Brooklyn Life.

## MUSIC OF THE SPHERES.

Mrs. Gusher—Don't you think my daughter has a heavenly voice?

Mr. Weerigh—Well—er—it certainly sounds unearthly.—Woman's Home Companion.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. 23 trial bottles and treatise free. Dr. R. H. KLINE, Ltd., 931 Arch St., Phila., Pa.

It is said that gray horses live longer than those of any other color.

## Salzer's Home Builder Corn.

So named because 50 acres produced so heavily, that its proceeds built a lovely home. See Salzer's catalog. Yields in 1903 in Ind. 137 bu., Ohio 100 bu., Tenn. 98 bu., and in Mich. 220 bu. per acre. You can beat this record in 1904.

WHAT DO YOU THINK OF THESE YIELDS PER ACRE?

220 bu. Beardless Barley per acre.  
310 bu. Salzer's New National Oats per A.  
80 bu. Salzer Speltz and Macaroni Wheat.  
1,000 bu. Pedigree Potatoes per acre.  
14 tons of rich Billion Dollar Grass Hay.  
60,000 lbs. Victoria Rape for sheep—per A.  
100,000 lbs. Teosinte, the fodder wonder.  
54,000 lbs. Salzer's Superior Fodder Corn—rich, juicy fodder, per A.

Now, such yields you can have, Mr. Farmer, in 1904, if you will plant Salzer's seeds. [A.C.L.]

JUST SEND THIS NOTICE AND 10c. in stamps to John A. Salzer Seed Co., La Crosse, Wis., and receive their great catalog and lots of farm seed samples.

A physician in Germany has discovered a method of obliterating wrinkles.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c. a bottle.

## 10,000 Plants For 16c.

This is a remarkable offer the John A. Salzer Seed Co., La Crosse, Wis., makes. They will send you their big plant and seed catalog, together with enough seed to grow

1,000 fine solid Cabbages.  
2,000 delicious Carrots.  
2,000 Blanching, nutty Celery.  
2,000 rich, buttery Lettuce.  
1,000 splendid Onions.  
1,000 rare, luscious Radishes.  
1,000 gloriously brilliant Flowers.

This great offer is made in order to induce you to try their warranted seeds—far when you once plant them you will grow no others, and

ALL FOR BUT 16c. POSTAGE. providing you will return this notice, and if you will send them 20c. in postage, they will add to the above a package of the famous Berlin Cauliflower. [A.C.L.]

Nothing wastes a woman like forgetting. Secret she wants to tell.

# HOW TWO BEAUTIFUL WOMEN ESCAPED DREAD CATARRH BY USE OF PE-RU-NA.

Catarrh Robs Women of Health and Beauty.  
Pe-ru-na Makes Women Healthy and Beautiful.



Miss Amanda Johnson, Fairchild, Wis., writes:  
"I write to tell you how much Peruna benefited me. For a number of years I had pain in my head around my eyes, and I thought it was because my eyes needed treatment, so I went to an oculist and had glasses fitted to my eyes and wore them for some time, but felt no relief whatever. In fact, I felt worse than before, and came to the conclusion that the trouble was not with my eyes, but with my head and that it must be catarrh. As so many of my friends had used Peruna with benefit for this trouble, I thought I would try it. I was not sorry that I did so, for in a short time I began to improve, and in four weeks my eyes were in splendid condition, my general health was much improved and all the catarrh of the head was gone. I was glad to get rid of this trouble, and am glad to endorse such a good medicine as Peruna."—Miss Amanda Johnson.

MISS AMANDA JOHNSON.

Miss Flora Hauser, 1032 S. New Jersey street, Indianapolis, Ind., writes:  
"I think I must have been troubled with catarrh ever since I was very young, aggravated each time I caught a cold. This did not prove sufficiently serious to be obnoxious until last winter. Then my head and nose were so stopped up that I felt I must do something. Peruna was recommended to me by a friend. I used it for four weeks, and found to my relief that it cured me. I have not had a bit of trouble since. My head is clear, and I can safely affirm that Peruna cured me."—Miss Flora Hauser.

No Woman Afflicted With Catarrh Can Be Either Beautiful or Attractive.



Miss Flora Hauser.

Hundreds of Women Cured by Pe-ru-na of Annoying Catarrh.

DR. HARTMAN has probably done more than any other physician toward popularizing a means of escape from the facial deformities, such as watery eyes, twisted nose, offensive breath, dry cracked lips, due to the ravaging effects of catarrh. He has made chronic catarrh a life-long study. His remedy, popularly known as Peruna, is the most famous remedy for catarrh in existence.

Probably there is not a man or woman, boy or girl, within the bounds of the United States that has not heard of Peruna. By far the largest majority have used Peruna.

The multitude of people that have been cured of chronic catarrh by using Peruna can never be known.

Many a girl has regained her faded beauty, many a matron has lengthened the days of her comely appearance by using Peruna.

Peruna produces clean mucous membranes, the basis of facial symmetry and a perfect complexion. The women have not been slow to discover that a course of Peruna will do more toward restoring youthful beauty than all the devices known to science.

While it is true that Peruna cures catarrh wherever located, yet it is advisable for everyone to use Peruna as a preventive

and not wait until catarrh has fastened itself in some part of the system.

Peruna acts quickly and beneficially on the inflamed mucous membranes lining the different organs of the body. Thus it will cure catarrh wherever located.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

**ALABASTINE**  
the Durable Wall Coating.  
Won't Rub Off;  
**WHY?**  
Because it cements, to, and is not stuck on the wall with decaying, animal glue, as are the various so-called "wall finishes," which are kalsomines sold under fanciful names.  
You can apply Alabastine.

## ALABASTINE

The Only Sanitary and Permanent Wall Coating

**ALABASTINE** is not a disease-breeding, hot water glue wall finish, furnishing a lodgment and harbor-ground for disease germs; it is a natural, rock-base composition, in white and many exquisitely beautiful tints; in powder form, ready for use by simply mixing with cold water. Anyone can brush it on.

**ALABASTINE** cements to walls, destroys disease germs and vermin, and never rubs off or scales. Other wall coatings, under fanciful names, and usually mixed with hot water, are unhealthful kalsomines, stuck on the wall with glue, which soon rots, nourishes germs of deadly disease, rubs and scales, spoiling walls, clothing and furniture. When it is necessary to refinish, the old coats must be washed off—an expensive, nasty, disagreeable job, making the rooms damp and unfit to live in.

When walls are once coated with Alabastine, succeeding coats may be applied, year after year, without washing the walls, thus saving great expense and annoyance.

**Hot and Cold Water Kalsomines Have No Merit**

Some dealers try to sell them, buying them cheap, and trying to sell on Alabastine's demand until such time as their customers learn of the imposition.

**THEY ARE WORTHLESS PREPARATIONS**

If you cannot buy Alabastine of your hardware, paint or drug dealer, refuse all imitations, and write us. We will tell you where you can get Alabastine without delay, or sell it to you direct. **\$500.00 GIVEN AWAY.** Write for particulars.

Leaflet of dainty tints, hints on decorating, and our artists' up-to-date ideas on beautifying the home, free. Buy Alabastine only in packages, properly labeled.

**Alabastine Company** GRAND RAPIDS, MICH.  
and 105 Water St., New York City.

**ABOVE ALL OTHERS**  
**TOWERS FISH BRAND WATERPROOF OILED CLOTHING**  
THE HIGHEST STANDARD OF QUALITY FOR MORE THAN HALF A CENTURY.  
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## Saw Mills

The DeLoach Patent Variable Friction Feed Saw Mill with 4 h. p. cuts 2,000 feet per day. All sizes and prices to suit. DeLoach Shingle Mills, Edgers, Trimmers, Planers; Corn and Buhr Mills, Water Wheels, Lath Mills, Wood Saws. Our handsome new Catalog will interest you. DeLoach Mill Mfg. Co., Box 834, Atlanta, Ga.

## Dropsy

CURED Gives Quick Relief.  
Removes all swelling in 8 to 20 days; effects a permanent cure in 30 to 60 days. Trial treatment given free. Nothing can be faster. Write Dr. H. H. Green's Sons, Specialists, Box 8, Atlanta, Ga.

**PISO'S CURE FOR**  
CURES WHERE ALL ELSE FAILS.  
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

## MALSBY & Co.

41 South Forsyth St., Atlanta, Ga.

Portable and Stationary  
**Engines, Boilers, Saw Mills**  
AND ALL KINDS OF MACHINERY  
Complete line carried in stock for IMMEDIATE shipment.  
Best Machinery, Lowest Prices and Best Terms.  
Write us for catalogue, prices, etc., before buying.

## FEET THAT

Hurt, Sweat, Blister, cured by **ROYAL FOOT WASH**. Removes odors of feet, armpits, etc. Keeps the feet cool. If not at druggists send 25c to EATON DRUG CO., ATLANTA, GA., for full size, postpaid, sample, postpaid, for 10c stamp. One application proves its merit.

## W. L. DOUGLAS

'3, 50 & '3 SHOES

W. L. Douglas shoes have by their excellent style, easy-fitting, and superior wearing qualities, achieved the largest sale of any shoes in the world. They are just as good as those that cost you \$4 to \$5—the only difference is the price. Sold Everywhere.  
Look for name and price on bottom.  
Douglas uses Corona Coltskin, which is everywhere conceded to be the finest Patent Leather yet produced. Fast Color Eyelets used. Shoes by mail, 25c. extra. Write for Catalog. W. L. Douglas, Brockton, Mass.

# SKIN HUMORS

Complete External and Internal Treatment  
**ONE DOLLAR**

## Consisting of Cuticura Soap

to cleanse the skin of crusts and scales, and soften the thickened cuticle; CUTICURA Ointment to instantly allay itching, irritation, and inflammation, and soothe and heal; and CUTICURA Pills to cool and cleanse the blood and expel humor germs. A SINGLE SET, costing but ONE DOLLAR, is often sufficient to cure the most torturing, disfiguring skin, scalp and blood humors, eczemas, rashes, itchings, and irritations, with loss of hair, from infancy to age, when the best physicians and all other remedies fail.

Sold throughout the world. Cuticura Resolvent, 50c. (in form of Chocolate Coated Pills, 25c., per box of 60). Ointment, 50c., Soap 25c. Dealers: London, 27 Charterhouse St.; Paris, 5 Rue de la Paix; Boston, 137 Columbus Ave. Potter Drug and Chem. Corp., Sole Props. U.S. Send for "How to Cure Torturing, Disfiguring Humors from Infancy to Age."

**FREE** catalogue for the asking.  
**THE COMET**  
Sprays trees, plants and vines, sprinkles lawns, washes windows, carriages, etc. Has no equal, sells on sight. Sprays from bucket or barrel 50 feet. You want it.  
H. S. MULLER, Johnstown, Ohio.

## This is What You Want!

Have You Any Malarial Troubles?  
Do you want to get well and get well quick? If so, send a Postoffice order for fifty cents to the **REGAL MEDICINE CO., of Stamford, Conn.**, for medicine and directions. A quick and certain cure guaranteed in all cases of malaria, chills and fever, dumb ague and intermittent fever.